

# If your child has special needs, **so do you!**We can help!

The Utah Parent Center (UPC or Center) is an award-winning, statewide, nonprofit organization founded by parents of children, youth, and young adults with disabilities and special needs to help other parents facing similar challenges.

Since 1983 the caring competent staff of the UPC have utilized a parent-to-parent model to help many thousands of parents and to represent a wide variety of disabilities, ages and families in many systems-level activities. UPC staff have built collaborative networks with education, health and human service professionals, agencies, organizations and the Center promotes positive change within the community through several projects and activities. Following are general descriptions of the current activities of the Utah Parent Center. More information can be found online at www.utahparentcenter.org.

# PARENT TRAINING AND INFORMATION (PTI) CENTER

801-272-1051 or 800-468-1160

Email: upcinfo@utahparentcenter.org Website: www.utahparentcenter.org

The Parent Training and Information (PTI) project is the "heart" of the Utah Parent Center and has been continuously funded since 1983. This project is funded by the U.S. Department of Education Office of Special Education Programs (OSEP). The activities of this project are designed to respond to the training and information needs identified by Utah's approximate 65,000 parents of children, youth and young adults with disabilities and special needs. This project provides: one-on-one consultations, a lending and resource library, community resource volunteers, IEP Coaches, workshops, and presentations.

## **UTAH FAMILY VOICES**

## **FAMILY TO FAMILY HEALTH INFORMATION CENTER**

801-272-1068 or 800-468-1160

Email: utahfamilyvoices@juno.com

Websites: www.utahfamilyvoices.org,

www.medhomeportal.org and

www.utahparentcenter.org

Utah Family Voices (UFV) is a statewide health information and education resource and support center for families who have children with special health care needs, disabilities, chronic illnesses and/or physical or mental conditions. UFV provides information, referrals and connections for parents and professionals and education regarding health care services to individuals caring for children with special health care needs. UFV also provides one-on-one consultations, training, information and resources.

# **COURIER PROJECT**

801-272-1051 or 800-468-1160

www.utahparentcenter.org

The COURIER Project targets outreach to parents and their transition-age students to improve planning for the move to adult life and services. Staff target students on IEPs, Section 504, and health care plans to increase awareness of Vocational Rehabilitation and other adult services.

#### **AUTISM INFORMATION RESOURCES**

801-272-1051 or 800-468-1160

Email: autisminfo@utahparentcenter.org

Website: www.utahparentcenter.org/resources\_autism.htm
The Utah Parent Center is a source of information, training,
referrals and resources to address the unique issues specific
to Autism Spectrum Disorders.

#### PARENT CONSULTANTS SERVING LOCAL UTAH SCHOOL DISTRICTS

Website: www.utahparentcenter.org

Alpine School District – Maria Wiscombe: 801-318-1959 Canyons School District – Lynda Hansen: 801-708-1841

Davis School District - Roz Welch:

801-663-4607 or 801-402-5120

Granite School District – Michelle Murphey:

801-833-3825 or 385-646-4190

Salt Lake City School District – Amy Weyrich:

801-856-1264 or 801-578-8229

The Utah Parent Center provides a Parent Consultant dedicated to work specifically with families in some school districts. These Parent Consultants are available to provide free, private consultations; provide information on the IEP process and help parents prepare for IEP meetings; attend and provide support during IEP meetings; provide information about procedural safeguards under IDEA; make connections to resources and supports in the community; provide information about specific disabilities; and conduct workshops on a variety of topics.

# FAMILY TO FAMILY NETWORK - Supported by the UPC

801-272-1051 or 800-468-1160

Email: information@utahfamilytofamilynetwork.org Website: www.utahfamilytofamilynetwork.org and www.utahparentcenter.org

The Family to Family Network (FtoFN) is a grassroots volunteer group composed of family members across Utah who have a family member with a disability. They hold local, regular meetings, provide information and referral, family-to-family support, and advocate for the needs of families. They also help parents understand the services provided by the Division of Services for People with Disabilities.